

N EWSLETTER

Multi-cultural Seniors Club Cooks, Learns, and Creates to Take the Chill Out of Winter

CCHS invites Ottawa seniors from various cultural backgrounds to join its Multi-cultural Seniors Club. Every Wednesday, the group meets to share cooking, recipes, information, companionship, and fun.

Besides having guest speakers who provide information about various health-related topics, the club members sample new recipes, chat with a cup of tea, and learn about whatever topic is the focus that week. CCHS coordinator Karen McQuarrie smiles, while stirring her week's special soup that simmers on the stove, and chats with arriving members.

Participants originally may have come from places as far away as Sri Lanka or Vietnam. A Vietnamese translator ensures that the many Vietnamese-speaking participants understand what's being said in English. Yet, even home-grown Canadians are welcome to participate and contribute their favourite foods.

In February, the Club celebrated the Vietnamese New Year. Other activities have included informative sessions on relevant health topics such as: diabetes and diet, preventing osteoporosis, cholesterol and diet, high blood pressure and other physical conditions that affect a person's health.

Below some club members enjoy tasty soup and fun painting.



There are also fun sessions, where members learn to knit and paint. The Club has 25 registrants who enjoy lots of laughter and sharing.

For more information call Karen McQuarrie at 613-722-4000 or drop by on Wednesdays from 10 a.m. to noon at First United/All Saints Westboro at 354 Madison Rd. (in the back of 347 Richmond Rd.). Come share in the healthy activities and make new friends.

In This Issue

Multi-cultural Seniors Club	Page 1
New Board Members	Page 1
Caldwell Fire Response	Page 2
Growing Healthy - New Pilot Project at CCHS	Page 2
Membership Form	Page 2

New Board Members Invited to Join

Carlington Community & Health Services welcomes residents in the area served by CCHS to become members. New eyes to see, ears to hear, and voices to speak are needed to make sure that the needs of all community members are being met.

Board President Dilys Buckley-Jones says, "We welcome new members to bring their talents and skills to help serve the community."

Any CCHS member can run for the Board and participate on Board committees. You can become a member today by filling out the membership form on page 2 and dropping it off or mailing it to 900 Merivale Rd. before the end of May.

Let us know if you want to nominate yourself or someone you know to the 2008-2009 Board of Directors. Be part of the CCHS team!

New members will be elected to the Board of Directors at the Annual General Meeting held on Tuesday, June 24 at the Merivale location.

For more information about becoming a member you can call Sue Jeakins at 613-722-4000 or drop by the reception desk at 900 Merivale Rd.

Join us for Carlington Community & Health Services' Annual General Meeting and BBQ

Tuesday, June 24 at 900 Merivale Road

The BBQ will begin at 4:30 p.m. followed by registration at 5:30 and the AGM at 6 p.m.

Everyone is welcome to attend the AGM, although only members can vote. New Board members will be elected.

Visit our Web site at

www.carlington.ochc.org

or the Coalition of Community Health and Resource Centres

www.coalitionottawa.ca

Drop by CCHS at
900 Merivale Rd.
or call us at
613-722-4000

For information about CCHS membership, please contact Sue Jeakins at 613-722-4000

SPECIAL THANKS

To all people who directed their United Way contributions to CCHS.

Another way to support the centre is by enjoying an evening of fine food and entertainment at :

Bon Appetit Ottawa

May 6th from 5:30 to 9 p.m.

Aberdeen Pavillion at Lansdowne Park.

For more information, call

613- 841-8884

Become a CCHS Member now by filling out our membership form today!

Carlington Community & Health Services

900 Merivale Road,
Ottawa, ON K1Z 5Z8

April 2008

Editor & Photos: Lydia Dixon
Translation: Line Bastrash
Printing: Allegra Print & Imaging (Carling)

"Growing Healthy - Connecting Services to Families with Young Children" - New Pilot Project at CCHS

Wanda Romaniec, CCHS Director of Parent-Child Programs, announced that CCHS is participating in a new pilot project that aims to better integrate services to families with young children.

"Many families with young children already use services such as pre-natal support, well baby programs, and information services. But they are not always aware of other existing programs that might assist them," says Romaniec.

A collaborative team of community health decision-makers and researchers from Ottawa Public Health (OPH), the Coalition of Community Health and Resource Centres of Ottawa (CCHRCs), and the Community Health Research Unit (CHRU) from the University of Ottawa are participating in the project. The hope is that improved communications between the various organizations that provide services for families with 0 to 6 year olds will enhance not only the delivery of these services to community members but also provide better access and information to the families who need them.



Project Co-ordinator Christine Darmawan (above) manages project details and facilitates communications among the project team members.

"The idea is to standardize a 'basket of services' that are offered by community health resource centres," says Darmawan. "So if a public health nurse visits a family home, he or she can tell the family about programs and services that might be available through a community health and resource centre nearby."

Besides CCHS, the Overbrook-Forbes Community Resource Centre was also chosen for the pilot project.

Community Comes Together in Support of Fire Victims

Community partners, including The Chaplaincy, The Family House, Ottawa Housing, and CCHS, worked together to respond to the needs of the 8 families and 36 individuals affected by the Caldwell fire on March 31, 2008. On behalf of community partners, CCHS would like to thank the citizens of Ottawa for their generous support.

OUR VISION

At Carlington Community & Health Services,
"We strive to build healthy inclusive communities."

Membership Form

I would like to be a member of Carlington Community and Health Services. I am over 18 years of age and support the mission and values of CCHS as listed. Please submit my name for membership.

Name: _____
Address: _____
City: _____ Province: _____
Postal Code : _____ Telephone : _____

Please send this form to: Carlington Community and Health Services, 900 Merivale Rd., Ottawa, ON K1Z 5Z8. Questions? Call 722-4000. We safeguard your personal information in accordance with our privacy policy.